

Tips for Cold Lunch

Pack no more than you would serve your child at home. Please include a napkin and any necessary disposable utensils. Some children may accidentally throw away silverware from home.

Time is a huge factor. The students only have a solid 20 minutes to eat, therefore efficiency is of the utmost importance so they can begin eating right away. For example, if your child has difficulty opening a granola bar you could open it partially. This also applies to fruit snacks, or any packaged items; please snip these open in advance if your child has difficulty opening. Peel an orange and have it ready to eat. We do understand that a thermos may be tricky and we are quite willing to help. We always help the children with milk cartons.

Encourage your children to bring home what they do not eat. This can help you to know if you are over- or under-packing or packing things that they just won't eat. Some students will throw everything out even if it wasn't touched or opened. We encourage them to take everything home that can be saved. Consider half a sandwich to start with so they actually finish it and may also enjoy other items in their lunch.

Reminders:

- **Restaurant lunches are not allowed as an alternative lunch, nor are *Lunchables*.**
- Children may bring milk or juice from home. Juices must be 100% juice with no added sweeteners. We also encourage water bottles. Students may carry separate water bottles or keep small refillable ones in their lunch bags.
- *Gogurts* and other squeeze packets are discouraged unless your child can open it independently. There are two concerns. One is that they ooze and make a mess, and the other is an issue of cross-contamination. Many students try to open packets with their teeth, and then ask for scissors that are shared. If we use the same scissors across the lunchroom, this will spread germs. We feel that it is in the best interest of all to eliminate the use of scissors in the lunchroom. In place of *Gogurt*, we recommend traditional yogurt cups.

Thank you for helping us encourage healthy eating and an efficient, relaxing lunch period!